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one



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hasorexia



onychophagy



We made a deal. He promised to give
up cigarettes. I promised that I'd stop
biting, but never did. I sit & gnaw
keratin
and skin,
and curse poor impulse control
as if it's not MY fault that I've done
much worse to him.

Like, ready to reduce cortisol and release
oxytocin. A salival exchange of dopamine,
endorphins, phenylethylamine. Like, ready
to increase heart rate and widen pupils.
Rushed blood leaving the stomach. Like,
ready to tilt heads to the right; learned
in the womb.
Like, ready when you are.

g i b e l

I become

flecks of dust

stirred in the late afternoon sun

that dissipate into the ether

